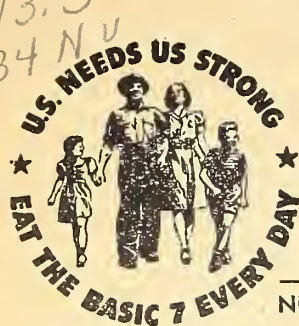


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SCHOOL LUNCH ISSUE

INCREASING THE EFFECTIVENESS OF SCHOOL LUNCHES AS A NUTRITIONAL MEASURE

Dr. E. Neige Todhunter of the University of Alabama met in Washington October 25 with the USDA home economists and administrators who work on the school lunch program. She pointed out the need for disseminating more information about the purposes of, and the problems connected with, school lunches and said that lack of knowledge and understanding of the many ramifications of the program is keeping many people who are deeply interested in school lunches from making as effective contribution as they should.

School lunches should be part of the total school program, she said, because they are interwoven with all fields of the child's learning—adjustment to society, earning a living, and taking care of himself from the health point of view. While school lunches at the same time do feed hungry children and serve agricultural programs, their ultimate goal is to contribute to the health and social education of the child.

She listed three factors that are involved in an effective school lunch program:

- (1) Quality. The type A pattern is a useful guide in providing one-third of the day's nutritive requirements.
- (2) Acceptability. To be eaten by the child and fulfill its purpose a food must fit into local food customs and be prepared so that it retains its nutrients and flavor.
- (3) Participation. All children in all schools should have a good lunch every day.

The effectiveness of the school lunch program as a nutritional measure, she went on to say, is dependent upon the support of five groups: School administrators, who arrange for it in their planning; teachers, who need to recognize the importance of the school lunch as a laboratory for learning; children, who need to learn why they need an adequate lunch;

parents, who need to see that learning about food at school is the same as learning other subject matter and that the home and school can work together in this program for the child; and lunch managers and their helpers, who need to know what they can do for the child and who need to be trained for their particular job.

More research is needed on nutrition, food preparation and preservation, food habits, acceptability of foods, how to teach nutrition to children, how to train managers, and how to spread information, she said.

Dr. Todhunter ended by stressing the importance of having trained nutritionists and home economists participate in policy making and direction of school lunch programs.

BHNHE RESEARCH ON SCHOOL LUNCHES

During the past 3 years the Bureau of Human Nutrition and Home Economics has carried on three interrelated types of school lunch research with the aid of funds allotted by PMA.

One piece of research is the chemical analysis of school lunches to determine whether or not they meet expectations nutritionally. The 37 meal samples which have been analyzed to date were obtained at random as the pupils were being served. A composite of the various foods in the meal is prepared in a blender, except the milk which is handled separately. This composite of the meal is frozen for later analyses at the Bureau laboratories. A separate composite of vitamin C-containing foods is prepared and analyzed the same day. Complete analyses show calories, protein, fat, calcium, ascorbic acid, thiamine, and riboflavin.

Results have been compared with one-third of the NRC daily allowances for 10- to 12-year olds. Many meals tend to be low in thiamine and calories but adequately supply protein, riboflavin, and calcium. Without one-half pint of milk

most of the lunches were inadequate in all nutrients analyzed.

This year meal samples will be collected from schools in a number of States in different sections of the country.

Research has also been conducted in the operating phases of the school lunch to determine characteristics of successful programs serving 75 to 500 meals. Facts collected include menus, preparation and serving methods, pupil participation, food waste, space and equipment used, and food and labor costs.

A report of 9 such studies which were made in 3 States was published in the Journal of the American Dietetics Association in October 1947, under the title "Some Criteria For Evaluating School Lunch Programs." During the past school year case studies of 24 school lunch programs in 12 additional States have been made. Schools with outstanding programs were selected and recommended to the Bureau by State Departments of Education. Criteria used in choosing the schools were: Location in a community with a population of 2,500 or less; noon meals conforming to the Type A school lunch pattern; a high portion of the number enrolled eating the planned meal served by the school; adequate space and equipment for school lunch purposes; operations on a satisfactory financial basis as shown by records, that is, meeting expenses without making a profit.

School lunch recipe development is another project being carried on by the Bureau. A laboratory for this work has been equipped similar to a school kitchen, making economical use of space and providing arrangements for labor-saving sequence in food preparation. Recipes have been prepared to utilize abundant agricultural commodities and other foods which have been made available to schools by Government purchase to increase the nutritive value of lunches and help in meeting food costs. Uses for some of these foods, such as nonfat dry milk, dried egg, and tomato paste, are unfamiliar to many school lunch cooks. Recipes using potatoes, dried fruits, and other familiar foods have shown many new ways of using them.

All recipes for main dishes conform to the requirements of the Type A pattern by providing 2 ounces or the equivalent of a protein-rich food in each serving.

Recipes are tested by a judging panel of trained food specialists and those approved from the standpoint of appearance, flavor, and general acceptability are tried out in a school as part of the lunch. The aim is to keep the directions simple and clear and the need for prep-

aration equipment to a minimum. Foods pass the acceptability test when the youngsters leave their plates "clean."

In addition to these research projects, the Bureau has cooperated with the United States Public Health Service in a 2-year pilot study of the effects of school lunch on the nutritional status of children. In progress now, under the Research and Marketing Act, the Bureau and a number of States are cooperating in studies of school lunch as a factor in child nutrition.

Practical use has been made of information from the Bureau's school lunch studies. Guidance and service materials covering costs, equipment, lay-outs, quantities of food needed, and storage have been published in addition to a large number of recipes.

CHILDREN LIKE FISH IN SCHOOL LUNCHES

That fish can be effectively used in school lunch programs was clearly indicated by experimental work carried on last March, April, and May. The level of acceptance by the children, 81 percent, compares favorably with the levels of acceptance indicated in studies of other foods more familiar to children. Only 10 percent of those accepting fish left some on their plates. It was also well received by school lunch supervisors, managers, and cooks. In addition, fish proved to be an inexpensive source of protein.

Schools were selected to represent all sections of the country, both large and small programs, rural and urban communities, and white and Negro enrollment. In order to eliminate the effects of poor preparation, only well-managed programs having a home economics trained supervisor were included. Of the 59,375 pounds of fish distributed to schools, 53,100 pounds were canned flake cod and pollock, and 6,275 were frozen fillets of rosefish and whiting.

Home economists of BHNHE and the Fish and Wildlife Service developed six special recipes for the varieties of fish distributed to schools together with suggested menus. Demonstrations on correct methods of preparing and serving fish were also given.

RECENT ARTICLES ON SCHOOL LUNCH

"Good Eating for Good Health" by Helen-deen Dodderidge in the October issue of the Club Woman, the house organ for the General Federation of Women's Clubs.

"Better Trained Workers for School Lunch Programs" by Margaret Morris in the September What's New in Home Economics.

"School Lunches for Your Children" by Margaret Morris in the September Parents' Magazine.

"Home Making and Lunches Team Up" by Aldine McConnell and W. W. Frampton in the October The Nation's Schools.

"What the School Lunch Means to the Community" by Winning S. Pendergast in October What's New in Home Economics.

"Valuable School Lunch Foods from USDA" by Claire W. Kallock in Practical Home Economics for October.

"Hot School Lunches Idaho Provides for Hungry School Children" Margaret Hickey in September Ladies Home Journal.

FILMS FOR SCHOOL LUNCH WORKERS

The color film "The School That Learned to Eat," described in the October>NNL, and the black-and-white "And So They Learn" are available from the Education Section, Department of Public Services, General Mills, 400 Second Ave., S. Minneapolis, Minn. Both films are 16 mm. and run for 20 minutes.

"A Dishwasher Named Red," a 16 mm. color film, may be rented from General Pictures Production, 621 Sixth Avenue, Des Moines, Iowa.

"Stanley Takes a Trip," color, 10 min., is available for rental or purchase from the National Film Board of Canada, 620 Fifth Ave., New York 20, N. Y., or 400 West Madison St., Chicago 6, Ill. This excellent film tells children in cartoon story form the importance of a balanced diet.

ST. LEO'S PARISH CARRIES ON A COMMUNITY SCHOOL LUNCH PROGRAM

The benefits of the school lunch program "far outnumber the duties and sacrifices involved," said Sister Mary Regina at a Diocese school lunch meeting in Cambridge, Mass., last August. "Children return to class alert and ready for work. They do not get restless or tire so easily. The general health of the pupils has improved because they have eaten a great variety of foods, broken down idiosyncrasies, and formed proper eating habits. The attendance records in our school show a definite increase in the percentage. Afternoon tardiness is eliminated.

"Parents taking part in the active program have come into closer contact with the teachers and realize the work that is being done for their children. This has led to a community united in action for the welfare of the school," Sister Mary Regina continued.

The school lunch program in St. Leo's Parish is the result of community ac-

tion. The parents and other members of the parish organized a school association to plan and provide school lunches. They raised funds for remodeling and equipping the lunchroom and they assume responsibility for the financial operation as well as for reports. Volunteers assist the paid cooks in preparing and serving the lunches and in cleaning the rooms. The Public Health Nutritionist gave technical advice.

Sister Mary Regina goes on to say that the lunchroom is furnished with dignity and beauty in harmonious, cheerful colors. Kind motherly women are chosen as cooks. The school lunch program "is not an isolated action of the school day. It plays an important part in the curriculum. Children learn by doing, and the application of theory to practice is maintained throughout the lunch period."

WOMEN'S CLUB SUPPORTS SCHOOL LUNCH

The National Home Demonstration Council, at its Tulsa meeting on October 7, unanimously approved a resolution favoring an expansion of the school lunch program as a means of promoting health through improved nutrition.

STATUS OF SCHOOL LUNCH AND OTHER CHILD FEEDING PROGRAMS THROUGHOUT THE WORLD

The Food and Agriculture Organization of the United Nations is making a study of child feeding programs in different countries covering all ages from the preschool to the adolescent group with special reference to organization, type of food, cost, and effects on health. Both school meal programs and school milk distribution schemes are covered.

A summary of the data submitted by the various countries is included in the report "National Progress in Food and Agriculture Programs 1948," which was prepared by FAO for its conference in Washington on November 15. You can secure a copy of this report by sending \$1 to the International Documents Service, Columbia University Press, 2960 Broadway, New York 27, N. Y.

According to the report, the number of children in the United Kingdom receiving midday dinners in school has increased from 50 percent in 1947 to 52 percent in 1948.

In Norway 91 percent of the children in Oslo's schools are participating in the Oslo breakfast which is served free before classes begin. This meal, put into practice nearly 20 years ago, consists of a rye biscuit, a few slices of coarse bread with vitaminized margarine, whey cheese, and cod liver paste, one-

third liter whole milk, one carrot, one apple, or one-half orange.

A decree effective August 8 in Finland makes the provision of meals in elementary schools compulsory. Although the government subsidy for school feeding in Denmark was increased considerably in 1946, only about 6 percent of the total number attending schools took part in the feeding program in 1947. Rations of flour, bread, alimentary pastes, sugar, sweets, and cheese are allotted to schools in France for feeding projects.

In Europe generally, impetus to child feeding programs has been given by various national and international relief organizations. This is especially true of the United Nations International Children's Emergency Fund (see June NNL), which is operating in 12 European countries and providing for about 4 million children and pregnant and nursing women.

In the Bizonal Area of Germany about one-half of all the school-age children receive a ration-free school meal of 350 calories. For preschool children, there are numerous programs organized locally and supported substantially by international welfare organizations.

The Union of South Africa is increasing its government expenditures for school feeding and some meals are furnished in Southern Rhodesia.

In many Latin American countries the importance of child nutrition has been recognized in recent years by the establishment of milk stations and school lunch programs for preschool and school-age children. School gardens, summer vacation colonies, preventoria, popular restaurants, and family allowances are also parts of the program.

The school feeding program in Japan included 4 million children last March, and is looking toward including all children of compulsory school age. Some work is being done in India and a little in China.

The Nutrition Conference convened by FAO in Baguio, Philippines, in February, unanimously agreed that milk is the best food for infants and children. It recognized, however, that it is impossible to provide adequate quantities of milk to the millions of children in the vast areas of Asia. It therefore recommended a type of free meal for school children which would provide about 400 calories and would contain all the essential nutrients.

HOW TO CONDUCT A MEETING DEMONSTRATED AT SCHOOL LUNCH INSTITUTE

To show school lunch managers, teachers, nutritionists, and health workers

how to get cooperation and group work in planning for a school lunch program, the technique of conducting a local school lunch committee meeting was demonstrated at the School Lunch Managers Institute held at the University of Georgia this summer. Student teachers and health workers attending the Nutrition and Health Education Workshop, conducted concurrently with the Institute, took the parts of the characters. They wore large name-cards to tell who they represented. The characters portrayed were the school principal concerned with reports, the president of the PTA offering financial assistance, the home economics teacher and the instructional supervisor giving professional and technical advice, a student who discussed the merits of the Type A meal as against an à la carte choice of uncontrolled foodstuffs, the school lunch manager who was new on the job with many problems and asking for help, an elementary grade teacher, a mother, and the public health nurse who offered her assistance. The group discussed the various problems, how they might be solved, and which members of the group might best take the responsibility for working out specified problems.

The demonstration was of great interest to the school lunch managers and effectively showed how simple and down-to-earth such a meeting might be. Demonstration committee meetings are easy to work out and may be unrehearsed, with the participants speaking out on problem points on which agreement is desired for the better operation of the school lunch program. Getting groups to work together, utilizing all local and State resources, and eliminating duplication promotes better understanding and results in better personal relations. State nutrition committees can contribute greatly by instigating, initiating, and promoting such demonstration meetings during their own regularly scheduled meetings or before civic, social, or professional groups.

RADIO SCRIPTS AVAILABLE FOR LOAN

The August NNL carried the suggestion that a library and exchange service be set up for radio scripts dealing with fundamental aspects of nutrition. Acting on this suggestion, Miss Sophia Podgorski of Wilkes-Barre, Pa., has sent us some 5-minute interviews prepared by the Community Nutrition Committee of the

Pennsylvania Dietetic Association. They deal with—

Gardens

Using little-known vegetables

Packed lunches for grown-ups

Meal planning for older persons

Diet and dental caries

Creative cooking

Food selection and purchasing

Meat alternates (cheese, eggs)

Food waste in the home

Nutrition and illness

Foods to be included in daily meals

Use of food by mankind

Improving nutrition standards

We also have a 14-minute script by Miss Florence Unash of the Iowa State Department of Health, outlining an adequate diet in terms of the Basic 7.

Some adaptation to local situations may be necessary in a few of these scripts. They are available only for loan upon request from this office.

SURVEY OF FOOD AND NUTRITION RESEARCH

The Food and Nutrition Board of the National Research Council has announced the publication of its Survey of Food and Nutrition Research. This is a compilation of projects, organizations, and professional personnel active in food and nutrition research within the United States. All phases of food and nutrition research active in academic, governmental, and industrial laboratories are included.

The first section of the publication lists over 4,000 research projects classified by subject as to whether they are physiological, chemical, technological, bacteriological, economic, or psychological studies. The second section lists alphabetically over 600 organizations which conduct or support food and nutrition research. The third section lists over 5,000 professional personnel responsible for the conduct or direction of food or nutrition research. The fourth section is a comprehensive index to food and nutrition research.

The consolidation of the research work and workers in this special field into a central register affords a unique basis for the coordination and evaluation of the Nation-wide research program with respect to foods and nutrition. The survey should serve to minimize duplication of subject matter, wastage of many man-hours of professional research personnel, and inadequate coverage of research needs. The registration of newly initiated research and research personnel is being continued and maintained up to date. Periodic revision of the current report and interim review and

evaluation of subject matter in fields of special interest are contemplated.

The initial report of 306 pages may be obtained for \$1 per copy from the Food and Nutrition Board.

SUGGESTED SCHOOL LUNCH PROJECTS FOR NUTRITION COMMITTEES

In the June NNL we carried an article on "How Nutrition Committees Support School Lunch Programs." As suggestions for further supporting activities Mrs. Margaret Morris of the School Lunch Division of PMA, Washington, D. C., prepared the following outline:

1. Prepare and disseminate information relating to food needs of children and the part of the school lunch in meeting these needs.
2. Make survey of eating habits of communities.
3. Emphasize use of foods deficient in local diets.
4. Develop and promote plans for school lunch research:
 - a. To improve use of locally available foods in the school lunch.
 - b. To stimulate the local production of foods needed to improve school lunches.
 - c. To determine acceptability of various foods and food combinations in the school lunch.
 - d. To improve facilities in schools for lunch programs.
 - e. To improve the management of school lunch programs in general.
5. Develop and promote ideas that will make possible the utilization of the educational opportunities of the school lunch program:
 - a. Work with elementary teachers on community and school nutrition activities related to the school lunch.
 - b. Work with high school teachers on ways in which students can participate in the school lunch program and carry certain responsibilities for its operation and local policy formation.
 - c. Work with teacher training institutions in providing prospective teachers with experience which will help them to realize the value of school lunch program.
6. Recruit trained personnel for school lunch supervision:
 - a. Work on long-range plans by interesting more high school girls in taking home economics training in college.
 - b. Work with colleges and universities in developing curricula that will prepare graduates for school lunch supervision.

c. Work with educational, health, and agricultural agencies and institutions in developing plans for training institutes, short courses, and workshops for school lunch personnel.

NEWS OF STATE COMMITTEES

OKLAHOMA:—The State Nutrition Committee is continuing its efforts toward promoting the school lunch program in Oklahoma, giving special emphasis to conducting workshops for training personnel and to menu planning. The Subcommittee on Nutrition in School and School Lunch developed a handbook for use in these training meetings. County nutrition committees as well as the State committee are coordinating the efforts of local agencies and organizations. The school lunch meeting of the State committee in April was described in the June NNL.

Oklahoma was one of the 11 States taking part in the experimental school lunch program for serving fish, described on page 2.

At the September 10 meeting Miss H. Marie Pickett was reelected chairman.

"Today's Challenge to Nutrition Committees" was the theme of the State committee meeting on October 8, when talks were given on "Nutrition Today and Tomorrow," "Challenge to Nutrition Committees," "Nutrition Program in the National Health Assembly," and "Nutrition as It Relates to the Soil." During the first part of the meeting the past year's accomplishments were reported, most of which were covered in the January and June NNL.

The Enrichment Act is now in effect in Oklahoma. The bakers and millers are cooperating with the program and it is apparently working smoothly.

MISSOURI:—Calloway County Nutrition Committee is conducting an intensive long-time nutrition education program to create a general awareness of proper food habits. The committee is composed of representatives from the teaching profession, Extension Service, Health Department, Welfare Association, Red Cross, and homemakers with home economics training. With the assistance of General Mills, a home economist was hired for a limited time to help draw the plans together and to keep the program moving.

The plans were based on results of a survey of food habits made at the beginning of the program. They include:

A nutrition clinic.

A well-baby clinic and a nutrition clinic in two other areas of the county. One area decided to continue this as a regular monthly clinic and the second community is working on plans to do so.

Slogan contests in both rural and city schools.

A 6-month breakfast program by 4-H clubs. This program consists of a monthly breakfast demonstration and contests based on paragraphs of 25 words or less, telling why certain foods are eaten for breakfast.

An 8-month contest by the Extension Club, featuring each month a different one of the Basic 7 food groups. In these contests each member completes in 25 words or less the statement "I serve . . . to my family because . . ."

Prizes are awarded in all of these contests.

ARKANSAS:—One of the goals for the State Nutrition Committee in Arkansas is to promote a high protein diet from lower-cost foods. The School Lunch Service is cooperating with the committee in an intensive program set up to assist school lunch workers with the introduction of peanut butter, nonfat dry milk, and dried eggs into school lunches.

Recently an experiment was tried in the Garland School in Little Rock to determine the acceptability of the new Dairy Food developed by Dr. Barnett Sure of the University of Arkansas. This high protein food made from dry milk and yeast was mixed with ground meat, using equal portions of each, and made into hamburgers. The hamburgers were served to approximately 100 children in the fourth, fifth, and sixth grades. The hamburgers were accepted without comment. A check of garbage cans indicated no more food waste from this lunch shift than from the next shift where the hamburgers were made without the Dairy Food.

MISSISSIPPI:—The State Department of Health has been active in promoting better school lunches as a part of the general health program. The Sanitation and Nutrition Departments have been especially concerned and have a particularly close working relationship with the School Lunch Division of the State Department of Education.

These departments cosponsored a school lunch training program at the University of Mississippi in which three nutritionists gave classes on menu planning and nutrition and the sanitation officer spoke on school lunch sanitation. The school lunch training program at Jackson College was also cosponsored by these agencies.

At Mississippi Southern College at Hattiesburg, where 115 people were registered, the Department of Public Health participated in the school lunch training program. To enable the large number of

people attending this workshop to see the food preparation demonstrations, a mirror was suspended in the auditorium over the work table in such a way as to reflect the actions of the demonstrator at an angle visible to the entire audience.

Both the Departments of Education and Health cooperated with other agencies in the 1-day workshops held in counties throughout the State.

CHICAGO, ILL.:—The School Lunch Committee of the Chicago Nutrition Association met on September 30 to make plans for the November 4 school lunch conference. The conference was planned for lunch-room managers and cooks, teachers, principals, superintendents, parents, school nurses, and others interested in school lunch. The program consisted of talks on "Small School Lunch Programs," "U. S. Department of Agriculture Services in the School Lunch Program," and "Report of Chicago School Lunch Survey by the Chicago Region Parent-Teachers Association." Those attending were invited to send in questions ahead of time for discussion with the group at the meeting.

NORTH CAROLINA:—The State Nutrition Committee holds regional meetings in different parts of the State in order to give more people a chance to attend. Approximately 50 persons came to the eastern regional meeting on June 16 in Greenville. Talks on "Resource Recognition in Eastern North Carolina," "The Effects of Publicity on Better Nutrition," and "Nutritional Need of Dairy Products in Eastern North Carolina," a review of a 4-H club project, and a discussion of work to be done made up the program.

The July issue of the News Bulletin is devoted to information about riboflavin, the cover drawing showing vitamin B₂ fleeing from a bottle of milk exposed to sunlight. The committee's objectives for 1948 are to continue the study of the production and use of foods containing vitamin C, and to stress the greater use of foods containing riboflavin.

Considerable interest and cooperation in making plans and carrying them out was shown at the annual meeting of the State Nutrition Committee on October 8 and 9 in Raleigh, according to Executive Secretary Virginia H. Blount. Much of the meeting was devoted to committee work and reports.

Addresses on "Nutrition and Public Education in North Carolina," and "Nutrition in Public Health," as well as a showing of the film "The School That Learned to Eat," were included in the program. A complete review of nutrition research at the various educational institutions brought out

some of the more recently discovered information.

Approximately 85 enthusiastic people were in attendance from all parts of the State.

MINNESOTA:—The School Lunch Committee of the Minnesota Nutrition Council is continuing to meet each month and plan menus for the Abundant Food Letter, prepared and distributed to all schools in the State school lunch program.

In addition to the school lunch workshop described in the October NNL, a meeting of school lunch workers in Catholic schools was held to encourage this group to cooperate in planning and working and possibly to hire a home economist to supervise their school lunch program.

OHIO:—With the cooperative assistance of the State Department of Public Health, Extension Service, Ohio Power and Light Company, and local locker operators, the Ohio Farm Bureau sponsored a food preservation meeting in Toledo on June 11. At this meeting the USDA Food Preservation Specialist in the Chicago PMA office demonstrated methods of preparing and packing meats, fruits, and vegetables for home freezing and storage to the 340 persons attending. This meeting was given publicity by the home demonstration agent, radio stations, newspapers, and the Farm Bureau paper.

The Ohio Department of Public Health conducted a series of food preservation conferences from 3 to 5 days in duration with the cooperation of the School Lunch Supervisor, the Direct Distribution Supervisor, Extension Service, Dairy Council, public utility companies, Farm Bureau, parent groups, radio stations, newspapers, and equipment manufacturers. A 5-day conference in Dayton last September included both canning and freezing techniques.

The nutritionists of the Health Department have assisted school administrators in establishing school lunchrooms and are organizing and conducting workshops for school lunch personnel. With the cooperation of other groups concerned, they have arranged for the canning of enough food to provide Type A lunches in schools without an increase in price.

Teachers and public health nutritionists have worked together in a school and community health education program and in a nutrition education program in elementary schools.

The Dayton Nutrition Committee made a survey of the school lunch program in the Dayton schools. Their evaluation

of meals served and food selections made by school children resulted in the appointment of a trained home economist to supervise the school lunch program in that area.

The State Nutrition Committee is enlisting the active aid of all Ohio home economists in promoting enrichment of flour in the State, Chairman Alma L. Garvin writes. To disseminate correct information on this subject committees are set up in each county and educational materials are prepared and distributed.

NEW MATERIALS

A check list of school lunch publications issued by the USDA is available from PMA Information Branch, Washington 25, D. C. Most of the publications listed have been mentioned individually in previous issues of NNL, but you may wish the check list to make sure that you have all the publications that are available.

In addition to the publications dealing with fish listed in the August NNL as available from the Fish and Wildlife Service, U. S. Department of the Interior, Washington 25, D. C., the following may be useful to you:

"Rosefish Recipes," Fishery Leaflet 285

"Cod, the Beef of the Sea," Fishery Leaflet 269

"Pacific Salmon, Succulent and Flavorful," Fishery Leaflet 202

"Sauces for Seafood," Fishery Leaflet 53

The Department of Nutrition, Harvard University School of Public Health, 695 Huntington Ave., Boston 15, Mass., has

compiled mimeographed lists of aids for teaching nutrition. These aids include material from all sources—commercial, governmental, and universities. The title of the publication, the publisher, and the price where there is one, are given. These lists, which may be obtained for 10 cents each, are headed:

Early Elementary Grades

Later Elementary Grades

Junior High School

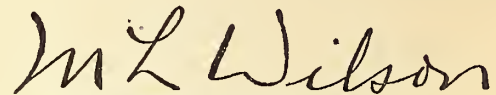
High School—Biology

High School—Home Economics

High School—Social Studies

The Film Bibliography is given in two parts—elementary grades which sells for 25 cents, and junior and senior high schools which sells for 50 cents. The department's two printed publications may be ordered from Nutrition Foundation, Inc., Chrysler Building, New York 17, N. Y. "Goals for Nutrition Education for Elementary and Secondary Schools" (a pamphlet which opens to a large wall chart) costs 15 cents and "Activities in Nutrition Education for Kindergarten Through Sixth Grade" (44 pp., 1948) costs \$1.

Sincerely yours,



M. L. Wilson, Chief
Nutrition Programs



W. H. Sebrell, Consultant